

WHILE EVERYONE ELSE REACHES FOR COFFEE, START YOUR DAY WITH THE

# ALL BEFORE 8AM

## ADVENTURE CHALLENGE

PRIORITY MESSAGES  
for all Challenge  
Finishers!



## BECAUSE OATMEAL NEVER MADE GOOD CONVERSATION...

Begin your weekend with the early morning dawn--by getting active in the beautiful landscape in historical Nebraska City. Complete with personalized exercises for participants of all ages, strengths, and ability levels; this outdoor adventure will combine walking/running with other fitness components such as balance, flexibility, strength and agility. Join us for this fun, full-body workout and gain ideas to take back to your office.



**SIGN UP FOR THE  
ADVENTURE CHALLENGE  
WHEN YOU REGISTER FOR  
THE CONFERENCE!**